



2016 Employee Health Education Program

Medical Self-Care Questionnaire

Instructions: Answer the following questions after reviewing the Medical Self-Care module. Send completed questionnaire via mail, fax, or email to:

Michael J. Loomis, MPH
Department of Administrative Services
25 Capital St. Room 412
Concord NH, 03301

phone:(603) 271-4103

fax:(603) 271-7049

email: michael.loomis@nh.gov

Name _____ Phone _____ Date of Birth _____

Please select the correct answer

1. Important numbers to know and understand to manage your health include...
 - A. Cholesterol Levels
 - B. Glucose (Blood Sugar)
 - C. Blood Pressure
 - D. All of the Above
2. Anthem Enhanced Personal Health Care Program is an approach where doctors spend more time with patients, coordinate care with other doctors and focus on the best way to help you get healthy and stay healthy.

True False
3. What options are available to take care of "minor" injuries or illnesses such as small cuts, earaches, sprains, a cold or cough without going to the emergency room?
 - A. Primary Care Office
 - B. Urgent Care Center
 - C. Walk-In Center
 - D. www.livehealthonline.com
 - E. All of the Above
4. Name three things you will do differently to improve your medical self-care?
